AIR QUALITY INDEX

Health Categories	Ozone	Particle Pollution
Purple Very Unhealthy **201 - 300**	Active children and adults, older adults and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should avoid heavy outdoor exertion.	People with respiratory or heart disease, older adults and children should avoid all physical outdoor activity; everyone else should avoid prolonged or heavy exertion.
Red Unhealthy **151 - 200**	Active children and adults, older adults and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.	People with respiratory or heart disease, older adults and children should avoid prolonged or heavy exertion; everyone else should limit prolonged or heavy exertion.
Orange Unhealthy for Sensitive Groups **101 - 150**	Active children and adults, older adults and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.	People with respiratory or heart disease, older adults and children should avoid prolonged or heavy exertion.
Yellow Moderate **51 - 100**	People with unusual sensitivity to ozone should consider limiting prolonged outdoor exertion.	People with unusual sensitivity to particle pollution should consider reducing prolonged or heavy exertion.
Green Good **0 - 50**	None	None

It all adds up to cleaner air

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What's the Air Quality in Central Ohio?

There are two main air pollutants in central Ohio that are a threat to public health: ozone and particle pollution. Ground-level ozone is a colorless, odorless gas produced when emissions from our cars, lawn equipment and industry react together in the presence of sunlight. When inhaled, ozone pollution inflames the cells of your lungs making it more difficult to breathe. Even small amounts of ozone can contribute to a variety of health problems including chest pains, coughing, throat irritation, congestion, bronchitis and reduced lung capacity.

Particle pollution is a mixture of solids and liquid droplets that vary in size. The smaller the particles, the more hazardous they can be to your health because they are more easily inhaled. Particle pollution can damage lung tissue, aggravate asthma, bronchitis and heart diseases, and even cause premature death. Unlike ozone pollution, particle pollution does not need sunlight to form and can reach unhealthy levels anytime during the year. Sources include motor vehicle exhaust, construction activity, power plants, industrial facilities and residential fireplaces.

How to Use this Air Quality Index

What is the Air Quality Index?

MORPC uses the national Air Quality Index (AQI) to inform the public about daily ozone and particle pollution levels in central Ohio and how they can affect your health.

How do I use it?

Think of the AQI as a yardstick that runs from 0 to 300. The higher the AQI value, the greater the health concern. When AQI levels reach above 100, air quality is considered to be unhealthy – at first for certain sensitive groups of people, then for everyone as AQI values rise. MORPC issues an Air Quality Alert to the public when pollution levels reach 101 or higher.

To help you quickly understand how local air quality can affect your health, the AQI is divided into five categories: Good, Moderate, Unhealthy for Sensitive Groups, Unhealthy and Very Unhealthy. In each level you will find the associated health effects and how you can reduce your exposure.

Where can I get daily AQI forecasts?

Visit **http://airquality.morpc.org** to view daily AQI forecasts.
To be notified of an Air Quality Alert by e-mail or fax, call (**614**) **233-4126** or e-mail **airquality@morpc.org**.

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